



Respite breaks

in Filey and Yapham





We are pleased to offer cancer patients and their families the chance to take a break away. Choose from our beautiful seaside home in Filey or our stunning countryside cottage in Yapham.

At York Against Cancer, we understand cancer diagnosis, treatment and recovery can be a very difficult process. Normal family life and routine is often disturbed by the strain of regular medical treatment and a break away from it all is often invaluable. Time away to relax, regroup and recharge in a comfortable environment can help enormously.

Our respite properties are available to York and Scarborough Teaching Hospitals NHS Foundation Trust cancer patients for a three or four night stay, whether they have just been diagnosed, are having or have just finished treatment.

Our property in Filey is located at The Bay, a prestigious holiday development above a five-mile sandy beach stretching from north of Filey Brigg to Bampton Cliffs.

The Filey house accommodates eight people and is furnished to a very high standard, providing a touch of luxury in a homely environment. Near enough to York to make travelling not too difficult and with a coastal setting, you feel you are away, but with the security of being close to home.

Our Yapham property was generously donated to us by Hazel and Phil in 2022 as a respite break for couples affected by cancer. Throughout the renovation of the cottage, they were supported by national and local businesses eager to help their efforts, and are pleased to be able offer it as a relaxing retreat for two.

Based on the outskirts of the picturesque village of Yapham, and situated two miles North East of Pocklington, they would like to share the peace, tranquility and abundance of nature that surrounds them with others who need it.

“We all had a fantastic time and much needed rest after a very stressful year!”



“Thank you for all you do for cancer patients and their families. We have had an amazing break and will treasure all the memories there.”



“I could not have asked for anything better for a little holiday after such a tough year. My holiday was restful, fun, happy and wonderful in the Filey home.”



The Bay, Filey

Our Filey respite house is in an award-winning coastal holiday village, The Bay, set in parkland, woodland and meadows and fronting onto a stunning beach. Its stylish homes enjoy private beach access and are beautifully designed with contemporary, polished interiors.

Our property has two double bedrooms, a twin and a master suite. One of the ensuite bedrooms is downstairs, ideal for disabled visitors; there is also an ensuite wet room and a house bathroom.

Enjoy a beautiful view from the balcony of the master bedroom or gaze through panoramic windows with bifold doors that lead from the lounge onto the terrace. The lounge houses a cozy log-burning stove, and there is a fully fitted kitchen and dining area inside the property.

The house is along a private drive with off-road parking. Filey is three miles away, and there is a fantastic leisure complex and pool, pub, pizzeria, shop, pharmacy and arcade on site. Pets other than guide dogs can't be accommodated, and the house is a no-smoking environment.



Things to do in Filey

Filey boasts stunning scenery and wildlife that can be enjoyed from the comfort of your balcony or on one of the many walks available in the area.

Hike across the Yorkshire clifftops of The Headland Way or take a leisurely walk from our Filey home to a beautiful stretch of sandy beach. Spanning five miles, this Yorkshire beach makes for a beautiful spot to enjoy the sea air, relax with a book or stroll along its shoreline.

With a swimming pool, tennis court and gym, there's plenty to do around The Bay for families and individuals. Whether you want to de-stress in the sauna or the steam room or sit down in one of the delicious restaurants available on site, you're sure to find your perfect fit at The Bay.

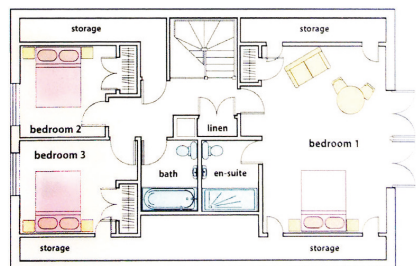
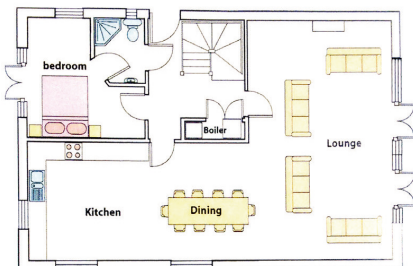


On-site eateries:

- John Paul Jones (breakfast, lunch and dinner)
- The Four Cats (drinks and pizza)



Filey floor plan



The Old Tithe Cottage, Yapham

The Old Tithe Cottage is set in the grounds of a working farm. On the ground floor, the property has a spacious and beautifully furnished living and dining area with double doors which open onto a patio area. It also has a fully fitted kitchen and bathroom with a walk-in shower.

Suitable for two guests, the property has one double bedroom which is situated on a beautiful mezzanine. From a large picture window, you will enjoy stunning views across farmland which houses sheep and alpaca, and in the distance affords peaceful views of the Wolds.

The cottage houses a downstairs bathroom, and one of the sofas in the lounge can be pulled out and turned into a comfortable sofa bed should easy navigation of the property be required.

The property has parking for two cars. Pets other than guide dogs cannot be accommodated and the cottage is a no-smoking environment.



Things to do in Yapham

Alongside the beautiful scenery surrounding our Yapham cottage, there is plenty to see and do during your Yapham stay. Enjoy a beautiful walk around the Buddhist Centre Grounds in Pocklington just a short drive away or visit Burnby Hall Gardens and the Lilypad Café, famous for its beautiful lilypads and the koi carp you can feed at the lake's edge.

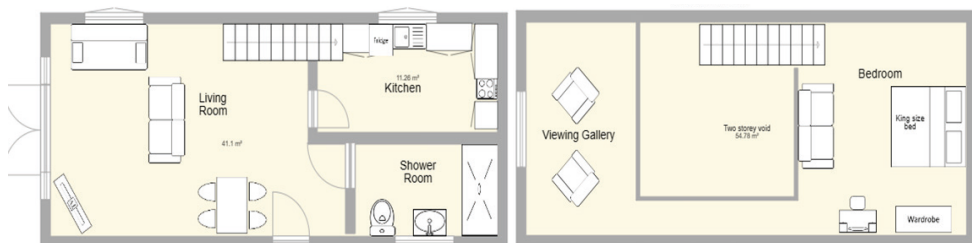
Perhaps you would like to visit one of the brilliant museums around Pocklington or take a boat out from Melbourne and travel down the Pocklington canal. Once the sun sets, get yourself over to the Pocklington Arts Centre, where you can enjoy live events or settle down with a new release in the cinema.

There's a range of restaurants and cafés to choose from in the area:

- The Gait Inn, Millington (on The Wolds Way footpath)
- The Shire Café and Gelateria, Bishop Wilton
- The Fleece Inn, Bishop Wilton
- Community Shop and Café, Bishop Wilton
- The Fiddle Drill Café, Goodmanham (on The Wolds Way footpath)
- And many more



Yapham floor plan



“Thank you for offering this respite house for our use. It really was a welcome oasis.”



“I feel very privileged to have had the opportunity to stay in this wonderful holiday home. It made me feel so happy.”



“Beautiful location, beautiful property and so peaceful – I loved it.”



Amenities in Filey and Yapham



Bathroom

- Bath & hand towels
- Hair dryer
- Toilet paper



Bedroom and laundry

- Washing machine
- Bedding
- Hangers
- Iron & board
- Clothes storage



Kitchen and dining

- Refrigerator
- Microwave
- Cooking basics
- Pots and pans
- Crockery and glasses
- Hob
- Oven
- Kettle
- Coffee maker: cafetière
- Toaster



Entertainment

- TV & Wi-fi



Parking and facilities

- Free parking

Outdoor

- Private patio or balcony
- An open, grassy space
- Outdoor furniture
- Outdoor dining area



Specific to Filey

- Fridge Freezer
- Dishwasher & dishwasher Tablets
- Smart TV
- DVD player & selection of DVD's
- Books & games
- Woodburning stove
- Logs & firelighters
- Access to The Bay facilities
- Self check-in
- Key safe
- Children's play area



Specific to Yapham

- Bathroom Toiletries
- Detergent
- Icebox
- Oil, salt & pepper
- Tea & coffee
- Lockbox (for use only if owners are absent)



How to apply

If you or a member of your family has cancer and is being treated by the York and Scarborough Teaching Hospitals NHS Foundation Trust and would appreciate a short stay at our home, please ask. It doesn't matter whether you have just been diagnosed, are in the midst of or have finished treatment in the last 12 months. If you need the time away with loved ones, contact us.

To apply for a break away you need to fill in the referral form in this leaflet and get the support and signature of your doctor or senior nurse. Then send it to the address on the back of this leaflet. **This form is only valid for 6 months from your referral date.**

Bookings for our properties are allocated 3 months in advance. For example, this means in January, we will be allocating spaces for April. You can choose to visit either:

Filey: Friday to Monday (3 nights) or Monday to Friday (4 nights)

Yapham: Friday to Monday (3 nights) or Tuesday to Friday (3 nights)

Once a date has been agreed we will require a £100 deposit to confirm the booking. This should be in the form of a bank transfer or cheque, which can be returned at the end of your stay unless you wish to donate it towards the upkeep of the home.

If you have already benefited from one of our respite breaks, once 12 months have passed, it is possible to apply for a second stay providing the referral criteria are still met. We will try our hardest to accommodate you but first time guests will take priority. Please note that due to the large demand for our properties, guests will only be able to have a maximum of two breaks.

If you have any questions please phone us on **01904 764466** or email **nicola.doherty@yorkagainstcancer.org.uk**.

Application form

The Patient's Details (BLOCK CAPITALS)

Title:

Name:

Address:

Postcode:

Email:

Mobile:

Phone:

Referral (GP, Oncologist or Senior Nurse to complete this section)

Name:

Position:

Telephone:

Date of referral:
(must be completed when signing)

Signature:

Email:

In future we would like to send you our annual newsletter and/or monthly email. If you are happy for us to do this please tick the appropriate box to show how we may contact you.

☐

By e-mail

☐

By post

☐

No contact

We will never pass your details to a third party except to store it securely. We will never sell your data. If you change your mind and want us to stop contacting you, please write to the address or email (see overleaf). Please refer to our website to view our full privacy policy.

Application form – Continued

Please specify exact dates to assist us with the allocation process.
(refer to previous page for commencement of 3 or 4 night stays)

☐

Filey

☐

Yapham

☐

Either (**not both**)

1st date choice:

2nd date choice:

Please tick if:

☐

You have received one of our breaks before

☐

You are interested in an earlier break should a cancellation become available

I understand that if my application is successful I am expected to pay a deposit of £100 by cheque or bank transfer to cover breakages. This can be returned to me after my stay unless I wish to donate it towards the upkeep of the property. I understand the holiday home is not a medical facility and I am responsible for providing any medication or medical equipment required during my stay.

Please note: This form is valid for 6 months from the date of the referral. Wheelchair users or anyone with mobility problems should call to discuss this before applying. To be eligible to apply for the holiday home you must be a patient of York and Scarborough Teaching Hospitals NHS Foundation Trust.

**By signing below you acknowledge that you have
read and understood the above statements.**

Signed:

Date: